Making Health Easier: Active Living in Austin, TX PSA (:60)

[Announcer] While making time for her patient's health, home care nurse Shirlet Foster didn't make time for her own.

[Shirlet Foster] I couldn't walk up the stairs. I just felt bad in general. I would come home after working all day taking care of people and I was slowly killing myself.

[Announcer] Shirlet started a walking group. And, after seeing what diet and exercise did for her body and mind, she helped others by volunteering at local wellness fairs.

[Shirlet Foster] Once I started really figuring out what to do, as far as health goes, then I had so much energy and so much enthusiasm that I wanted to share with everybody else. It helps me stay on track, too, by helping others.

[Announcer] Always a nurse, Shirlet passes on her healthy habits to more and more people.

[Shirlet Foster] It transformed me physically, it transformed me mentally. I invited my family to start participating. I can feel confident when I say, "this will make you feel better."

[Announcer] Visit makinghealtheasier.org to find out how *you* can make changes where *you* live. That's makinghealtheasier.org.